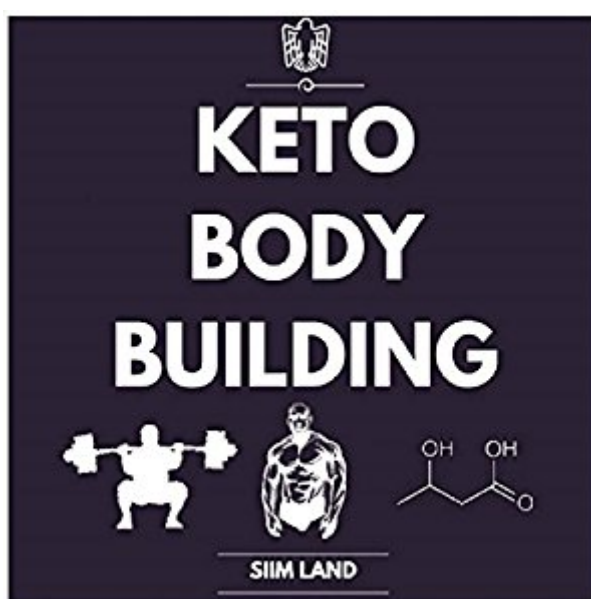


The book was found

Keto Bodybuilding: Build Lean Muscle And Burn Fat At The Same Time By Eating A Low Carb Ketogenic Bodybuilding Diet And Get The Physique Of A Greek God



Synopsis

Do the impossible - build muscle and burn fat at the same time! The ultimate goal of every bodybuilder and fitness enthusiast is to carve their body into an aesthetic sculpture like that of a Greek god. The keto diet is known for its rapid weight loss effects. For burning fat, it's superior to any other diet out there. However...can you build muscle on a keto diet? Well, the answer to that is yes! On the ketogenic diet you can use different strategies and training modalities to force your body to build pure lean muscle mass, without getting too fat. You don't have to bulk up for six months and then starve yourself during your cutting period to get ripped and muscular. Keto Bodybuilding will not only optimize your training but will also improve your health. It's the most sustainable way of eating for the individual who wants to stay low carb while still making some massive gains. This book can show you how to do it. Keto Bodybuilding teaches you how to: Start a ketogenic diet to improve your health Burn all excess body fat down to single digits and stay there year-round Build some impressive lean muscle mass and strength without getting fat in the process Train appropriately for any physique goal while on a low carb diet Activate the most powerful anabolic hormones within your body Deliberately manipulate your genes and metabolism to shape your body Improve your longevity and increase your life-span, so that you can be muscular at an old age as well Not feel deprived or have low levels of energy Reclaim your throne of greatness and start enjoying life a lot more. The seemingly impossible is actually possible. As contradictory as it might sound right now, you can build lean muscle and burn fat.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 34 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Siim Land

Audible.com Release Date: August 26, 2016

Language: English

ASIN: B01KY6NHPO

Best Sellers Rank: #7 in Books > Sports & Outdoors > Individual Sports > Gymnastics #26

in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #35 in Books > Health,

Fitness & Dieting > Men's Health > General

Customer Reviews

Excellent! Ketogenic diet has gained popularity especially to the people interested in losing their body weight. However for you to benefit from the diet, you have to accompany other routines like Exercising. The book caters for various users including general public, athletes and bodybuilders who perform a lot of exercise. Really worth purchasing!

I am a big fan of Ketogenic diet and purchased this book to learn more about it. The author in this book explains how the Ketogenic diet can help to burn body fat and build muscles. I will use ideas from this book to complement my fitness training. I haven't seen the results yet but everything I learned makes sense to me. Great book for bodybuilders.

I must say that the author did an excellent job in coming up with a well-researched book such as this one. He is indeed an expert when it comes to all aspects of Keto-Bodybuilding because he went through all the phases and did trial and error to know what works best for him. Very informative book. High recommended!!

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Fat) LEAN: Lean Tools - 5S (Lean, Lean Manufacturing, Lean Six Sigma, Lean 5S, Lean StartUp,
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Ketogenic Diet for Beginners: Guide Book to Using the Ketogenic Diet for Guaranteed Weight Loss
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The Ketogenic Kitchen: Low carb. High fat. Extraordinary health.

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